

## 3 Steps to Help Prevent Lead Poisoning!!



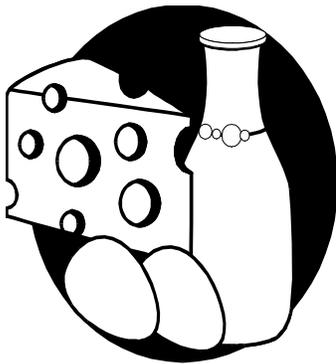
### Step 1: Get your children tested!

- All children, six and under, should be tested once a year for lead poisoning.
- Ask your child's physician about testing.



### Step 2: Clean, Clean, Clean

- Wet mop floors, wipe furniture and window sills with a damp cloth every week.
- Wash children's hands, pacifiers and toys often.
- Keep children away from peeling paint.



### Step 3: Fix healthy meals.

- Feed children food high in iron and calcium, like:
  - Liver, beef or other lean meats
  - Spinach or greens
  - Dried beans or other vegetables
  - Raisins or peanuts
  - Orange juice or WIC approved juices
  - Milk, cheese yogurt or ice cream

**Find out more! Call the Louisville Metro Health Department Childhood Lead Poisoning Prevention Program at: 574-6644**

